

Leo Angart

read again without glasses



INCLUDES DVD



Praise for
Read again without glasses

"The stuff the optician won't tell you! Leo Angart is an inspirational author and teacher and after 30 years my prescription is being reduced rather than increased. Leo has inspired me to appreciate and exercise my eyes daily and the results are amazing. Just as I've always thought – there really is a natural solution to everything!"

Janey Lee Grace, author of *Imperfectly Natural Woman*

"This book really does offer the opportunity to read again without glasses. At first I thought this was a fanciful idea but the book clearly and eloquently gives evidence to back up the claim. It debunks many of the myths around eyesight which, unfortunately, most people see as true. Having the book and DVD together is great as it offers the next best thing to going to an actual workshop. Even though the exercises are easy to follow they are still very effective. The book and DVD leave you more informed about your specific vision condition, with practical steps as to how to improve it.

"If you are prepared to do the exercises in a non-judgemental way (i.e. by asking how can my eyes improve without laser surgery?) you will definitely reap the benefits.

"I highly recommend this book to anyone."

Anthony Barrett, Co Developer of Sleepora

"Vision training is a vast topic and competence area, mastered by few people. There is powerful scientific material supporting vision training. At the same time our society suffers more than ever from poor vision.

"Leo Angart does important and excellent work throughout the world spreading knowledge of vision training and physiotherapy for the eyes. There is so much every one of us can do in order to see better. This knowledge is indeed precious.

"In this book he shares exactly how you can restore eyesight back to normal, even if you are in your forties and in need of reading glasses. With supportive videos coming with the book, you get all the clarity and inspiration you need. This book itself is a great achievement for mankind and highly recommended."

Ann-Marie Näslund, Founder and CEO of Naturlig Syn, Sweden



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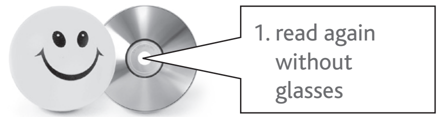
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1. Introduction

You have probably picked up this book because you are wearing reading glasses or have been told that you need them.

I wore glasses for 26 years – both glasses for reading and near-sight glasses. This was not because I had presbyopia but because I had -5.5 diopters of near-sight. That is, I could only see clearly to a distance of about 18 cm without glasses. So, I needed one pair of glasses for reading to bring my vision out to a normal reading range of 35 cm and another pair of glasses for distances.

In 1991, I found out how to get rid of my glasses for good. It took me three months to get from the top of the eye-chart to the 20/20 line. My eyesight has been perfect ever since. So I am speaking from personal experience.

Since 1996, I have taught Vision Training classes all over the world. During the last few years, I have developed effective methods for improving even presbyopia that is so severe that *everything* looks blurry without glasses.

This book is my attempt to shine some light on the subject of presbyopia. There are so many misconceptions about it. I have included some of the recent research and, once and for

all, exposed some of the myths. The most important myth to debunk is *it's not about age*.

There is a DVD included with this book which includes videos explaining how to perform the exercises. The DVD icon that appears in Chapters 1, 4, 8, 10, 16, 17, 18, 19, 22, 23, 25, 26, 29 and 32 indicates that there is an accompanying video available on the DVD. The disk also includes PDFs of the charts which appear in Chapters 16, 18, 25 and 26. Alternatively, these can be downloaded from the Vision Training website: www.vision-training.com. There is also an interview on the accompanying DVD.

If you are not sure what your vision status is, then it may be better for you to find a time to come to one of my workshops. The advantage is that you will obtain a true picture of the state of your eyesight and, more importantly, what you can do about it. And, of course, you can ask me questions face to face.

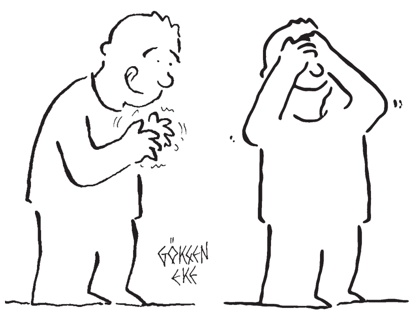
I hope that by the time you get through all the exercises in this book, you will once more be able to read without glasses.



2. A Vision Training pioneer

William H. Bates, M.D., the grandfather of Vision Training, was himself severely presbyopic. He cured himself and then went on to develop his own methods of Vision Training. In his book, *The Cure of Imperfect Sight by Treatment without Glasses*, he says:

> The truth about presbyopia is that it is not "a normal result of growing old," being both preventable and curable. It is not caused by hardening of the lens, but by straining to see at the near point. It has no necessary connection with age, since it occurs, in some cases, as early as teen years, while in others it never occurs at all. (1919: 214–215)



Dr. Bates' main point is that vision problems mainly occur due to mental strain. So, his approach is to relax the eyes by the exercise of "palming." This involves rubbing your hands to warm them, and then using them to cover your

closed eyes for a period of time. He also suggested energizing the eyes by allowing the sun to shine on them through closed lids.



3. The road to the discovery of a cure for presbyopia

William H. Bates, M.D., includes an interesting story about how he discovered the cure for presbyopia in an article printed in the magazine, *Better Eyesight*. Dr. Bates writes about an incident that happened around 1912 when a friend asked him to read a letter. To his embarrassment, Bates had to spend some time searching for his reading glasses.

> Being a friend he could say things no other person would say. Among the disagreeable things he said was, and the tone was very empathetic, sarcastic, disagreeable, "You claim to cure people without glasses; why don't you cure yourself?" I shall never forget those words. They stimulated me to do something. I tried all manner of means, by concentration, strain, effort, hard work, to enable myself to become able to read the newspaper at the near point. …
>
> I consulted specialists in hypnotism, electricity experts, neurologists of all kinds and many others. One I called on, a physician who was an authority in psychoanalysis, was kind enough to listen to my problem. With as few words as

possible I explained to him the simple method by which we diagnose near-sightedness with the retinoscope.

As I looked off into the distance, he examined my eyes, and said that they were normal, but when I made an effort to see at a distance he said that my eyes were focused for the reading distance, i.e. nearsighted. Then when I looked at fine print at the reading distance and tried to read it, he said that my eyes were focused for a distance of twenty feet or farther, and the harder I tried to read, the farther away I pushed my focus. He was convinced of the facts, namely: a strain to see at the distance produced near-sightedness, while a strain to see near produced a far-sighted eye ...

Stumbling on the truth

The man who finally helped me to succeed, or rather the only man who would do anything to encourage me, was an Episcopal minister living in Brooklyn. After my evening office hours I had to travel for about two hours to reach his residence. With the aid of the retinoscope, while I was making all kinds of efforts to focus my eyes at the near point, he would tell me how well I was succeeding. After some weeks or months I had made no progress.

But one night I was looking at a picture on the wall, which had black spots in different parts of it. They were conspicuously black. While observing them my mind imagined they were dark caves and that there were people moving around in them. My friend told me my eyes were now focused at the

near point. When I tried to read my eyes were now focused for the distance.

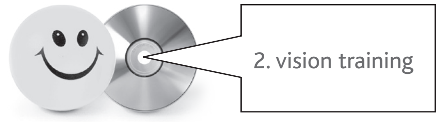
Lying on the table in front of me was a magazine with an illustrated advertisement with black spots which were intensely black. I imagined they were openings of caves with people moving around in them. My friend told me that my eyes were focused for the near point; and when I glanced at some reading matter, I was able to read it. Then I looked at a newspaper and while doing so remembered the perfect black of my imaginary caves and was gratified to find that I was able to read perfectly.

We discussed the matter to find what brought about the benefit. Was it strain, or what was it? I tried again to remember the black caves while looking at the newspaper and my memory failed. I could not read the newspaper at all. He asked, "Do you remember the black caves?" I answered, "No, I don't seem to be able to remember the black caves." Well," he said, "close your eyes and remember the black caves." And when I opened my eyes I was able to read – for a few moments. When I tried to remember the black caves again, I failed.

The harder I tried, the less I succeeded and we were puzzled. We discussed the matter and talked of a number of things, and all of a sudden without an effort on my part I remembered the black caves, and sure enough, it helped me to read. We talked some more. Why did I fail to remember the black caves when I tried so hard? Why did I remember the black caves when I did not try or while I was thinking of other things? Here was a

> problem. We were both very interested and finally it dawned on me that I could only remember these black caves when I did not strain or make an effort.
>
> I had discovered the truth: *a perfect memory is obtained without effort and in no other way*. Also, *when the memory or imagination is perfect, sight is perfect*. (1922: 1–4; emphasis in original)

Presbyopia is caused by stress, not age. Consequently, if stress and strain are relieved, the ability to read and see at the near point comes back.



4. Presbyopia – what is it?

If you are reading this book, perhaps with the help of your reading glasses, then you have no doubt heard the common explanation for presbyopia. Either your lens loses its elasticity or the ciliary muscle around the lens loses its power. You are told that this is only to be expected as you get older and, by the way, it's not curable. The only way you will be able to read is with the aid of reading glasses. A depressing scenario.

These theories come from papers written by Helmholtz (1855) and Donders (1864). Helmholtz suggested that presbyopia is caused by a hardening of the lens and Donders thought it was a weakening of the ciliary muscle. These theories are widely believed and often stated as fact.

Some doctors even maintain that they can predict a person's age by measuring the near point of clear vision – the closest you can read clearly. Using this logic, at 45 your near point of clear vision is supposed to be 45 cm and at 50 it diminishes to around 50 cm.

So what are the facts? Several modern studies using modern testing equipment categorically disprove Helmholtz's and Donders' theories.

Hardening of the lens

Firstly, about 63% of the lens is made up of water and there is no noteworthy change with age. Fisher and Pettet (1973) concluded that there is no significant change in the lens with age and that stiffening of the lens is not the cause of presbyopia.

Before cataract surgery, surgeons often use constant ultrasonic speed to accurately predict the required optical power of a lens implant. The speed of ultrasound through the lens is directly related to its elasticity, and the speed of ultrasound through the lens remains constant with age. Schachar et al. (1993) conducted studies on primates with presbyopia. They used ultrasound measurements whilst the animals focused their eyes. They concluded that changes in the lens equator which occur during accommodation involve small displacements of less than 100 microns (100 microns is about the width of one human hair). Schachar (1992) went on to demonstrate that he could reverse presbyopia by sewing a ring around the eye.

Weak muscles

Concerning the strength of the ciliary muscle, Saladin and Stark (1975) studied the power of this muscle and discovered that it actually continues to contract after accommodation is achieved. Tamm et al. (1992) concluded that the power of the muscle would be zero at age 120. In other words, it has power even greater than that required to relax the fibers that hold the lens in place. Fischer (1988) states: “the ciliary muscle

undergoes compensatory hypertrophy as accommodation amplitude decreases with age. The force of contraction is about 50% greater at the onset of presbyopia than in youth."

Another factor is that the lens grows in thickness by about 0.02 mm per year, and will be twice as thick at age 80 as it was at age 20. So, the idea that thickening of the lens equates to the loss of the abilities of accommodation or focusing does not really hold up to objective examination. The fact is that we still do not really know the causes of presbyopia.